



**Key takeaways from our webinar featuring guest speaker
Erin Gonzalez, Ph.D**

Five Keys to Parenting Children with ADHD

- When challenging behaviors happen, **remember to look beneath the surface (iceberg) at possible causes**, which may include: differences in development, brain structure and learning experiences (among others).
- Understanding causes of behavior equips us as caregivers and teachers to lead with empathy, anticipate difficulties, and adapt our strategies to meet kids where they are.
- Children have narrow “windows on time”, and children with ADHD have even narrower “windows” - the present moment matters more than the past or future and they have difficulty considering how their actions will play out
 - As adults, we have a broad “window on time” and can anticipate what’s coming in the future and easily recall and learn from the past.
 - Adults can learn to use childrens’ narrow “window” to keep important information in their focus and respond in the moment to help them learn from behavior.

Stay in the loop on Cartwheel’s webinars.

Scan the QR code to sign up for our webinar email list and receive registration links and recordings straight to your inbox.



About Cartwheel:

We partner with school districts to provide students and families with rapid access to mental health assessments, evidence-based therapy, medication management and consultation, and parent/guardian guidance. All of our services are via telehealth with licensed clinicians. We are committed to providing affordable care for everyone - including uninsured families and those covered by Medicaid.

To learn more about Cartwheel's services, please contact a member of your school's counseling or guidance team.

Children with ADHD need MORE

More positive

- Aim for 3:1 positive to negative interactions
- “Catch ‘Em Being Good”
- Try rewards before punishment

More planning

- Which situations are hard?
- What helps with success?
- Are expectations clear and specific?
- Set your child up to thrive

More reward

- Link rewarding activities to boring tasks
- Make rewards immediate and small

More feedback

- Immediate
- Frequent
- Specific
- Balanced
- Consistent
- Meaningful

More practice

- Consistency and repetition leads to habits
- Show, don't tell
- Role play new skills